



# Dental Readiness

- ★ ***Daily Oral Hygiene Routine***

- ★ ***Brush*** (2x/day) with a soft-bristled tooth brush and ***floss***

- ▢ *Use a fluoride toothpaste*

- ▢ ***No brush?***

- ★ *Wipe your teeth with a clean cloth*

- ▢ *Swish with water after eating*

- ▢ *Chew xylitol gum*

- ▢ ***Limit snacking***

- ★ *Especially sweet, sticky foods*

- ▢ ***Protect against the sun***

- ▢ *Use SPF 15 sunscreen, even on overcast days*

- ▢ *Use lip balm with SPF 15*

- ▢ *Wear protective clothing, hat & sunglasses*

- ▢ ***Avoid Tobacco Products***